

LEVERS et COUCHERS SOLEIL - LUNE LURE 2026

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JANVIER					
Dates	Soleil		Lune		
	L	C	L	C	
J 1	08:20	16:54	14:22	06:36	
V 2	08:20	16:55	15:26	07:52	
S 3	08:20	16:56	16:43	08:51	
D 4	08:20	16:57	18:08	09:34	
L 5	08:20	16:58	19:33	10:05	
M 6	08:19	16:59	20:53	10:27	
M 7	08:19	17:00	22:08	10:45	
J 8	08:19	17:02	23:20	11:01	
V 9	08:19	17:03		11:16	
S 10	08:18	17:04	00:29	11:30	
D 11	08:18	17:05	01:38	11:46	
L 12	08:17	17:07	02:46	12:05	
M 13	08:17	17:08	03:55	12:28	
M 14	08:16	17:09	05:03	12:58	
J 15	08:15	17:11	06:07	13:38	
V 16	08:15	17:12	07:04	14:28	
S 17	08:14	17:13	07:52	15:30	
D 18	08:13	17:15	08:28	16:39	
L 19	08:12	17:16	08:57	17:53	
M 20	08:12	17:18	09:20	19:07	
M 21	08:11	17:19	09:39	20:22	
J 22	08:10	17:20	09:55	21:37	
V 23	08:09	17:22	10:10	22:51	
S 24	08:08	17:23	10:26		
D 25	08:07	17:25	10:44	00:08	
L 26	08:06	17:26	11:06	01:29	
M 27	08:04	17:28	11:34	02:52	
M 28	08:03	17:30	12:12	04:15	
J 29	08:02	17:31	13:06	05:34	
V 30	08:01	17:33	14:15	06:38	
S 31	08:00	17:34	15:37	07:27	
○ PLEINE LUNE le 03					
● DERNIER QUARTIER le 10					
● NOUVELLE LUNE le 18					
● PREMIER QUARTIER le 26					

FÉVRIER					
Dates	Soleil		Lune		
	L	C	L	C	
D 1	07:58	17:36	17:01	08:02	
L 2	07:57	17:37	18:24	08:28	
M 3	07:56	17:39	19:44	08:48	
M 4	07:54	17:40	20:58	09:05	
J 5	07:53	17:42	22:10	09:20	
V 6	07:52	17:44	23:21	09:35	
S 7	07:50	17:45		09:50	
D 8	07:49	17:47	00:30	10:08	
L 9	07:47	17:48	01:41	10:29	
M 10	07:46	17:50	02:49	10:56	
M 11	07:44	17:51	03:56	11:32	
J 12	07:42	17:53	04:56	12:18	
V 13	07:41	17:55	05:47	13:15	
S 14	07:39	17:56	06:27	14:22	
D 15	07:37	17:58	06:59	15:35	
L 16	07:36	17:59	07:24	16:50	
M 17	07:34	18:01	07:44	18:06	
M 18	07:32	18:02	08:01	19:22	
J 19	07:31	18:04	08:17	20:39	
V 20	07:29	18:06	08:33	21:57	
S 21	07:27	18:07	08:50	23:18	
D 22	07:25	18:09	09:11		
L 23	07:23	18:10	09:37	00:40	
M 24	07:22	18:12	10:11	02:04	
M 25	07:20	18:13	10:58	03:23	
J 26	07:18	18:15	12:01	04:30	
V 27	07:16	18:16	13:16	05:23	
S 28	07:14	18:18	14:37	06:01	
○ PLEINE LUNE le 01					
● DERNIER QUARTIER le 09					
● NOUVELLE LUNE le 17					
● PREMIER QUARTIER le 24					

MARS					
Dates	Soleil		Lune		
	L	C	L	C	
D 1	07:12	18:19	16:00	06:30	
L 2	07:10	18:21	17:20	06:51	
M 3	07:09	18:22	18:35	07:09	
M 4	07:07	18:24	19:49	07:25	
J 5	07:05	18:25	21:01	07:40	
V 6	07:03	18:27	22:11	07:55	
S 7	07:01	18:28	23:23	08:11	
D 8	06:59	18:30		08:31	
L 9	06:57	18:31	00:33	08:56	
M 10	06:55	18:33	01:41	09:28	
M 11	06:53	18:34	02:44	10:09	
J 12	06:51	18:36	03:39	11:02	
V 13	06:49	18:37	04:23	12:04	
S 14	06:47	18:39	04:58	13:14	
D 15	06:45	18:40	05:25	14:27	
L 16	06:43	18:42	05:47	15:44	
M 17	06:41	18:43	06:05	17:00	
M 18	06:39	18:44	06:22	18:17	
J 19	06:37	18:46	06:38	19:37	
V 20	06:35	18:47	06:55	20:59	
S 21	06:33	18:49	07:15	22:23	
D 22	06:31	18:50	07:40	23:49	
L 23	06:29	18:52	08:12		
M 24	06:27	18:53	08:56	01:12	
M 25	06:24	18:54	09:54	02:23	
J 26	06:22	18:56	11:05	03:21	
V 27	06:20	18:57	12:24	04:03	
S 28	06:18	18:59	13:45	04:33	
D 29	07:16	20:00	16:04	05:57	
L 30	07:14	20:02	17:19	06:15	
M 31	07:12	20:03	18:32	06:31	
○ PLEINE LUNE le 03					
● DERNIER QUARTIER le 11					
● NOUVELLE LUNE le 19					
● PREMIER QUARTIER le 25					

AVRIL					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	07:10	20:04	19:44	06:46	
J 2	07:08	20:06	20:54	07:01	
V 3	07:06	20:07	22:05	07:17	
S 4	07:04	20:09	23:16	07:36	
D 5	07:02	20:10		07:58	
L 6	07:00	20:12	00:25	08:27	
M 7	06:58	20:13	01:31	09:05	
M 8	06:56	20:14	02:29	09:53	
J 9	06:54	20:16	03:17	10:50	
V 10	06:52	20:17	03:56	11:56	
S 11	06:50	20:19	04:25	13:07	
D 12	06:48	20:20	04:49	14:20	
L 13	06:47	20:22	05:08	15:36	
M 14	06:45	20:23	05:26	16:51	
M 15	06:43	20:24	05:42	18:09	
J 16	06:41	20:26	05:59	19:31	
V 17	06:39	20:27	06:17	20:56	
S 18	06:37	20:29	06:40	22:23	
D 19	06:35	20:30	07:10	23:51	
L 20	06:33	20:31	07:50		
M 21	06:32	20:33	08:45	01:10	
M 22	06:30	20:34	09:54	02:14	
J 23	06:28	20:36	11:13	03:02	
V 24	06:26	20:37	12:34	03:37	
S 25	06:24	20:39	13:54	04:02	
D 26	06:23	20:40	15:09	04:21	
L 27	06:21	20:41	16:21	04:38	
M 28	06:19	20:43	17:32	04:53	
M 29	06:18	20:44	18:42	05:08	
J 30	06:16	20:46	19:52	05:24	
○ PLEINE LUNE le 02					
● DERNIER QUARTIER le 10					
● NOUVELLE LUNE le 17					
● PREMIER QUARTIER le 24					

MAI					
Dates	Soleil		Lune		
	L	C	L	C	
V 1	06:14	20:47	21:02	05:41	
S 2	06:13	20:48	22:12	06:02	
D 3	06:11	20:50	23:19	06:29	
L 4	06:09	20:51		07:03	
M 5	06:08	20:53	00:20	07:48	
M 6	06:06	20:54	01:12	08:41	
J 7	06:05	20:55	01:53	09:44	
V 8	06:03	20:57	02:25	10:52	
S 9	06:02	20:58	02:51	12:04	
D 10	06:01	20:59	03:11	13:16	
L 11	05:59	21:01	03:29	14:29	
M 12	05:58	21:02	03:45	15:44	
M 13	05:56	21:03	04:01	17:02	
J 14	05:55	21:05	04:19	18:23	
V 15	05:54	21:06	04:39	19:50	
S 16	05:53	21:07	05:06	21:19	
D 17	05:51	21:08	05:41	22:45	
L 18	05:50	21:10	06:30	23:59	
M 19	05:49	21:11	07:36		
M 20	05:48	21:12	08:54	00:55	
J 21	05:47	21:13	10:18	01:36	
V 22	05:46	21:15	11:41	02:05	
S 23	05:45	21:16	12:59	02:27	
D 24	05:44	21:17	14:13	02:44	
L 25	05:43	21:18	15:24	03:00	
M 26	05:42	21:19	16:33	03:15	
M 27	05:41	21:20	17:43	03:30	
J 28	05:40	21:21	18:52	03:47	
V 29	05:40	21:22	20:02	04:07	
S 30	05:39	21:23	21:10	04:32	
D 31	05:38	21:24	22:12	05:04	
○ PLEINE LUNE le 01					
● DERNIER QUARTIER le 09					
● NOUVELLE LUNE le 16					
● PREMIER QUARTIER le 23					
○ PLEINE LUNE le 31					

JUIN					
Dates		Soleil		Lune	
		L	C	L	C
L 1	05:38	21:25	23:07	05:45	
M 2	05:37	21:26	23:52	06:36	
M 3	05:36	21:27		07:36	
J 4	05:36	21:28	00:26	08:43	
V 5	05:35	21:29	00:54	09:53	
S 6	05:35	21:30	01:16	11:03	
D 7	05:35	21:30	01:34	12:14	
L 8	05:34	21:31	01:50	13:26	
M 9	05:34	21:32	02:05	14:40	
M 10	05:34	21:32	02:21	15:57	
J 11	05:33	21:33	02:40	17:20	
V 12	05:33	21:34	03:03	18:46	
S 13	05:33	21:34	03:33	20:13	
D 14	05:33	21:35	04:14	21:34	
L 15	05:33	21:35	05:13	22:40	
M 16	05:33	21:36	06:27	23:29	
M 17	05:33	21:36	07:52		
J 18	05:33	21:36	09:18	00:04	
V 19	05:33	21:37	10:41	00:29	
S 20	05:33	21:37	11:59	00:49	
D 21	05:33	21:37	13:13	01:06	
L 22	05:34	21:37	14:24	01:21	
M 23	05:34	21:38	15:24	01:37	
M 24	05:34	21:38	16:43	01:53	
J 25	05:35	21:38	17:53	02:12	
V 26	05:35	21:38	19:01	02:35	
S 27	05:36	21:38	20:06	03:05	
D 28	05:36	21:38	21:03	03:43	
L 29	05:37	21:38	21:51	04:31	
M 30	05:37	21:37	22:28	05:29	
● DERNIER QUARTIER le 08					
● NOUVELLE LUNE le 15					
● PREMIER QUARTIER le 21					
○ PLEINE LUNE le 30					